



Message from the Chair

Building Momentum

LINKages Society builds thriving intergenerational communities in Calgary and area, traditional lands of the proud Treaty 7 people: the Blackfoot of Siksika, Piikani, and Kainai Nations, the Tsuut'ina, Stoney Nakoda tribes, and the Metis Nation, Region 3.

Just as we have been welcomed onto traditional lands, we also seek to welcome into our growing community people of all ages from different regions, provinces, and countries. Intergenerational connections form the foundations of strong and thriving communities, for as we learn to celebrate the diversity, knowledge, and strength of other generations, we become stronger ourselves.

It is from this foundational belief that LINKages' programs and connections continue to grow.

It is becoming more recognized both in research and practice that longer term intergenerational connections result in a myriad of positive outcomes both for seniors and youth.

- Increased healthy social connections for seniors increase their life expectancy, physical and mental health improves, and the onset of diseases such as dementia are delayed.
- For youth, social/emotional skills and confidence improve, volunteerism increases, mental health and feelings of belonging are improved, and youth grow naturally into fully trained age-friendly and dementia-friendly citizens.

In response to increased need and demand from the surrounding community, nation, and international community, LINKages is preparing for growth. Existing school and community programs continue to evolve based on participant feedback, outcomes, and community need. New programs are being developed to support more diverse communities and new communities around the country and globe who recognize the positive impact of intentional and purpose-driven intergenerational programming. LINKages has branched out into "Train the Trainer" programs (IG T4T) to begin building capacity across the province and nation.

As we move forward, we wish to acknowledge and appreciate all of our amazing community and funding partners, and our incredible staff and volunteers. Your strength is our strength - the collaborative and solution-focused spirit that we experience everywhere is key to our success!

Sammy Ahn Ruby Lecot

LINKages Board Chair Executive Director



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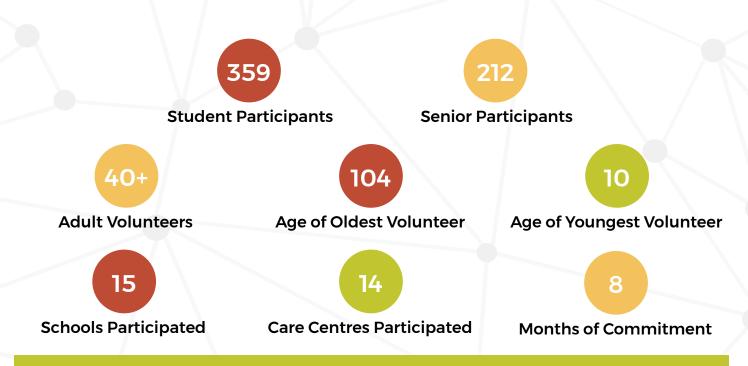
Sophie Sapergia Past Chair

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Executive Director



LINKages' Intergenerational School Programs impact more than 500 students and seniors each year. We focus on providing intergenerational programming that builds social-emotional development and leadership skills, encourages transfer of knowledge, and reduces social isolation in youth and seniors.



5756 Total Student Volunteer Hours

Quote from Student:

"I lived with my grandmother until I was 12, and then I moved to Canada. I don't see her anymore. My senior friend is like my grandmother; she is my mentor. After being here, my stress is gone. This is a de- stressor."

Quote from Senior:

"LINKages gives me a purpose for living. These are my girls; I look forward to seeing them every week. The girls are like my granddaughters."

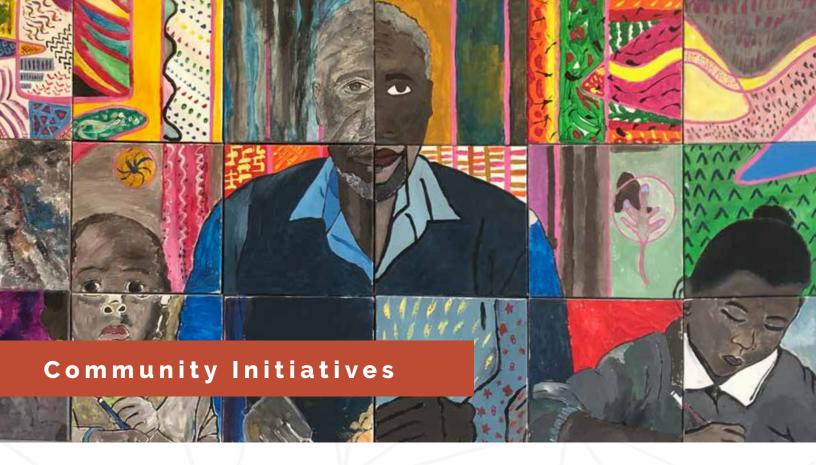
Calgary After School Programs

Intergenerational (IG) After School provides opportunities for vulnerable Calgary youth aged 12-18 to connect with trained senior mentors throughout the school year. Senior mentors are pre-trained by the program facilitator to support vulnerable youth to achieve the 4 main program goals of confidence, interpersonal skills, responsible decision making, and natural supports. Programming is sequenced, interactive and fun, building on relationship and learning. Thank you to the City of Calgary FCSS for their ongoing generous support.



Outcomes

- · Positive growth and development in students
- · Improved sociability and well-being in seniors



Thanks to funding from the **United Way**, we continue to deepen partnerships in 5 Calgary communities.

Community programs build capacity by leveraging the strengths of seniors and youth within their own communities. LINKages accomplishes this through mediums such as art-based programs and community-driven events such as BBQs.

9 Programs in 5 Communities

- East Village University of Calgary LINKages' Chapter
- 2. Bowness
- 3. Bridgeland
- 4. Beltline
- 5. Forrest Lawn

Community programs provide support to approximately 400 seniors annually.

"I just wanted to let you all know how much it meant to us at Bow Centre that you took the time to bring the kids over for our latest project - View From the Inside. We appreciate it much more than I can say. I think about the value of us working together with the kids and it is so immense and wonderful! There is so much to be gained by doing things like this with the High School that it should be a course in the schools. At least that's how I feel anyway. Imagine what we could all gain if we all took the time to understand each other and how and why we feel the way we do about things?"

- Community Senior





7th Annual Intergenerational Day

June 1st, 2018

In 2018, LINKages transitioned IG Day from downtown to become a community-focused event, held at the Alexandria Centre Society in Inglewood. The move to Inglewood allowed for more meaningful intergenerational connections and activities to occur throughout the day. With nearly 400 people in attendance, LINKages' 7th Intergenerational Day was a huge success!

The success of the event was due to LINKages' amazing volunteers. Thank you to the 2018 Planning Committee - Megan Hoefman, Shelley Carpentaro, Mimi Tang, Ben Reim, Maha Abdullah and Adrien Takada for providing an amazing example of community spirit!





Yvonne is a long-term participant in one of LINKages intergenerational school programs. She feels that her involvement in the program provides the opportunity to help make a difference in the lives of youth and gives her a stronger sense of purpose. She expresses her appreciation for the youth volunteers in her own words:

"You may come here once a week, several times a month, or whenever you have free time to volunteer and I noticed the sunshine you bring to our facility and the residents here with your warm smiles and kind hearts.

You volunteer in such a diversified community and I want you to know how much you make a difference. I see you come in day after day to participate in programs with residents, help and care for residents and I want you to know that even if you think your time is short here, or if you think you do not make a significant difference, you do."

- Yvonne





Youth Volunteer of Distinction Award: Adrien Takada

Adrien has been instrumental in leading and facilitating as the President of the University of Calgary LINKages' Chapter throughout this last year, bringing her exceptional insight, dedication, and compassion in all she does.

"Volunteering with LINKages has been an excellent opportunity to contribute to Calgary's community. I've been lucky to be involved with LINKages in aiding the formation and facilitation of meaningful intergenerational relationships and see the direct impact on both the students and seniors. During my time as club president of the University of Calgary chapter, I feel that I've gained insight on the lives of individuals from a diverse range of socioeconomic backgrounds and mental status over a wide age range."

- Adrien

Senior Volunteer of Distinction Award: Deb Cook

Deb has been a faithful volunteer and facilitator with LINKages since 2012, adapting to many changes over the years, while maintaining an exceptional quality of programming for seniors and youth.

"I look forward to every LINKages' day, both for the enjoyment of facilitating the interaction between the kids and seniors, but also the challenges each day presents and resolving them."

- Deb

Youth Volunteers of Distinction - Honourable Mention

Alissa Grenon Michaela Vespa Katherine Letwin Shona MacDonald



As we look ahead to LINKages' 25th Anniversary year, we realize there is much to celebrate!

The passionate hard work of dozens of dedicated LINKages' staff, community agency partners, funders, and hundreds of volunteers have brought the agency to this impressive milestone. We hope to celebrate with many former staff and volunteers over the coming year!

Moving forward, the implementation of new and re-newed programs will evolve to better serve the needs arising in Calgary and surrounding communities:

- Calgary After School Funding from the City of Calgary FCSS and Rogers Community
 Grants will enable the pilot of a new Calgary After School program in Greater Forest
 Lawn. Local seniors will mentor and learn together with community youth in fun and
 interactive weekly sessions focused on social/emotional learning and community
 strengths.
- IG Outreach Funding from the Province of Alberta's Community Initiatives Program (CIP) will renew LINKages' outreach program, which pairs university and college-aged youth partners with isolated seniors throughout the city. The focus is on building long-term positive relationships and supporting seniors to become more active and connected in their own communities.
- Rural LINK Funding from the Ministry of Seniors Aging Well Grant program will help launch at least 3 rural chapters of LINKages across the province with more to come in following years. Isolated communities will receive focused training and support to leverage existing opportunities for intergenerational community building.
- Board Development Funding from CIP will allow the Board to prepare for organizational growth by accessing focused training and support throughout the coming year.
- Project Inspire Collaborating with the Calgary Chinese Elderly Citizens Association and the Greater Forest Lawn 55+ Society, LINKages is honoured to partner together to pilot intergenerational and intercultural arts-based skill-building programs over the next two years.

We look forward to working with our wonderful partner agencies and to continue expanding knowledge and impact of intergenerational programming.

LINKages' Audited Financial Statements

The LINKages Society of Alberta Board of Directors and Management would like to thank the generous support of our donors, volunteers, and very dedicated staff for another successful year of program delivery. In 2018, LINKages was able to maintain all the important core programming while we assessed strategic opportunities available to an organization of established tenure and built the bridge through to 2019 with a sound financial underpinning. Of course, this was and is only possible by building and maintaining strong relationships with all our community stakeholders. It's with great pleasure that the Board of Directors presents to all stakeholders of this wonderful organization the audited financial statements for the year ended 2018. As we move into the 25th Anniversary year of operations, we feel that the LINKages Society of Alberta has the foundational capacity and operational components in place to continue to benefit community stakeholders through 2019 and beyond

Andrew Jake Mooney, CPA, CGA Board Treasurer LINKages Society of Alberta

LINKages Society of Alberta				
Statement of Operations and Net Assets				
Year ended December 31,		2018		2017
Revenues				
Government agencies	S	195,836	S	258,709
Foundations and agencies		110,179		113,882
Casino		66,645		60,412
Care centres		10,000		8,500
Interest		4,456		2,013
Corporations		2,000		30
Biography guides		1,328		
Fundraising		525		
Individual		413		2,156
		391,382		445,702
Expenses				
Salaries and related benefits		232,709		311,434
Transportation		23,922		31,222
Program		23,524		20,524
Rent and utilities		18,252		20,500
Office and miscellaneous		17,855		27,200
Professional fees		15,250		3,700
Insurance		3,832		5,290
Amortization		1,835		1,034
Advertising and promotion				2,122
		337,179		423,026
Excess of revenues over expenses		54,203		22,676
Net assets, beginning of year		143,542		120,866
Net assets, end of year	S	197,745	s	143,542



Each year we benefit from the generosity of funding partners with whom we work collaboratively to achieve lasting impact. Apart from the organizations below, we are also extremely grateful to donations from individuals and family foundations whose support meant that we could invest resources in innovation, impact measurements and reaching out to under-served areas. On behalf of the youths and seniors whose lives have measurably improved as a result of your support, WE THANK YOU!















Galvin Family Fund









family & community support services

Betty Jane Kadz





Donor Choice Program

